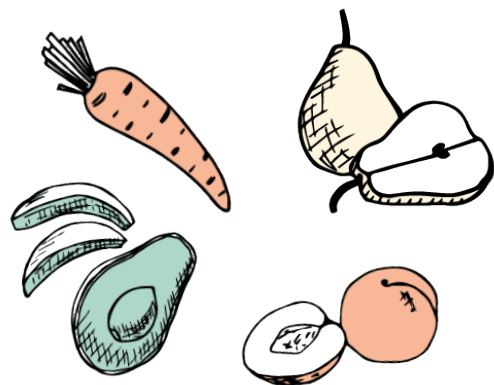


# Introducing Solid Foods – Grocery List

Traditionally, parents were instructed to always start with infant cereal for baby's first food, but that does not have to be the case!

*The goal is to introduce a variety of foods from all food groups in the first few weeks of solid foods, but the exact order does not matter.*

Here are some good first foods from each food group to try, whether you are using pureed foods or Baby Led Weaning. Choose one food from each food group to start, then mix it up by buying different options the next time you go grocery shopping.



	Purees	BLW
Grains	Infant cereal (oatmeal, wheat, or quinoa)	Soft wheat bread, Fusilli shaped wheat pasta
Fruit	Apples, Pears, Banana, Avocado	Banana, Avocado, Peaches, Melon, Very ripe pear, Mango
Vegetables	Peas, Green beans, Carrots, Sweet potato, Butternut squash	Sweet potato wedges, Carrots, Corn on the cob (remove kernels before serving), Broccoli, Butternut squash
Proteins	Full fat unsweetened yogurt, Eggs, Chicken, Salmon, Lentils, beans or hummus	Meatballs, Beans, lentils or burger patties cut into strips, Baked chicken, Hard boiled eggs
Fats	Olive oil, Avocado, Nut butters	Olive oil, Avocado, Nut butters